



# Project Adventure, Inc.

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A NON-PROFIT

## STRATEGIES FOR USING ADVENTURE ACTIVITIES WITH LARGE PE CLASSES July 24, 2006 ACTIVITY DESCRIPTIONS

**Categories** - Facilitator calls out a category, then participants mix and mingle until they find others who would define themselves similarly in that category. “Get together with people who share the same...” (ie. kind of pets, # of siblings, favorite sport, etc.) Once participants have the hang of it invite new categories from participants.

**Commonalities** – Find a partner. In three minutes, find out as many things as you can that they two of you have in common, not including physical description or where you are right now.

**Front/Back** – Once the group is standing in a circle holding hands explain that this is a call and response activity/warm-up. Level 1: When you say a command (ie. to the front, back, right, or left), everyone in the group repeats the command simultaneously jumping in the direction said. Level 2 requires a little thinking. When the facilitator says a command the group says the opposite and then moves in that direction. Level 3: This is where the mind body connection or disconnection, as the case may be, needs to occur. When the facilitator says a command the group responds with the opposite call but moves in the direction the facilitator initially indicated.

**Gotcha** - (Adventure Curriculum for PE – High School) Group in circle, right hand in front of the person next to you, left index finger downward into the palm of the person's hand in front of you. When you say Gotcha, try to escape and grab at the same time.

**Look Across** – Group stands in a circle. Look around and try to make eye contact with other people. As soon as you lock eyes with someone, change places with them. As you cross, stop and greet the person you are changing places with and share some bit of information.

**Name Roulette** - Split the class into two even groups, and ask them to make two circles with one inside the other. Be sure that the circles are positioned so that a student from the inside circle is back to back with a student from the outside circle. At GO, the two groups rotate in opposite directions – one clockwise and one counter clockwise. At STOP, two students (one from each group) will be standing back to back. Say, “LOOK.” The two back-to-back students turn around and, as quickly as possible, say the name of the person at whom they are looking. The student who says the name first, stays put while the other student joins the winning student's circle.

**Switch, Change, Rotate** – Ask your players to get into groups of 4, with each group standing in a single-file line facing in the same direction. The first command is, "Switch." The player at the front of the line peels off and goes to the back of the line. Next, say "Rotate." The line of players is required to turn 180 degrees to face the opposite direction. Next is "Change." This command requires the number 2 person and the number 3 person to exchange places. Have groups move around the play area while you call out the commands.

**Tiny Teach** - In pairs, ask participants to choose something they could teach their partner in two minutes. Once each partner has had an opportunity to teach and learn have that group find another pair, and teach what they just learned.

**Toe Tag** – Find a partner. Partners face each other and put their hands on each other's shoulders. Each person tries to tap the toe of the other person with their foot. **PLAY SAFE.**

**Triangle Tag** – (Adventure Curriculum for PE – High School) Split into groups of 4. Have three people hold hands in a circle and establish one person as the one who is being chased. The fourth person then stays on the outside of the small circle and tries to tag the person who is being chased. The three people in the circle work together to keep the person who is "it" from tagging the one being chased. **PLAY HARD.**

**Twizzle** – (Adventure Curriculum for PE – Elem) Start in a large circle. Review the following commands: Walk (move around the circle in one direction or the other); Jump (jump up into the air); Turn (jump and turn 180 degrees); Twizzle (jump and turn 360 degrees). Call out the commands; keep people moving. You can do an "elimination" round, more like Simon Says. Ask students to be the caller.

**Wolf Pack** (a variation on Monarch Tag in the Adventure Curriculum for PE – Middle School) Select a leader of the wolf pack. The leader is trying to get the other players to become a part of the pack. The leader tries to tag other players by throwing a soft foam ball, and hitting them from the shoulders down. Once hit, people become part of the pack, and work together to continue to tag others. Member of the wolf pack, including the leader, may not move their feet if they are holding the ball. Every time a new player is tagged, and joins the wolf pack, all of the members of the pack need to hustle together and give a howl. Members of the wolf pack may pass the ball to someone else who is part of the pack. Keep playing until all people have become part of the pack.